### Keep and eye out for these features...



You might just catch a glimpse of the moat that surrounded the medieval manor house.

Why not invite some friends or family and try the walk together?

**New university** buildings and public art.



#### Top tip:

Consider taking a drink with you as you follow the trail. Remember the term 'eight to hydrate' - which means the average person is advised to drink eight 8-ounce cups of fluid a day.

American football on the sports field.

Look out for further self-guided walk leaflets covering other parts of this area. . .

## Joining In! self-guided walks

This walk has been devised by the Joining In! project that supports community involvement in Westborough and Park Barn. It is managed by **Voluntary Action South West Surrey.** More details about Joining In! (that also operates in Bellfields and Slyfield and Ash and Tongham) at www.joiningin.org.uk Tel: 07825 419408

How can I

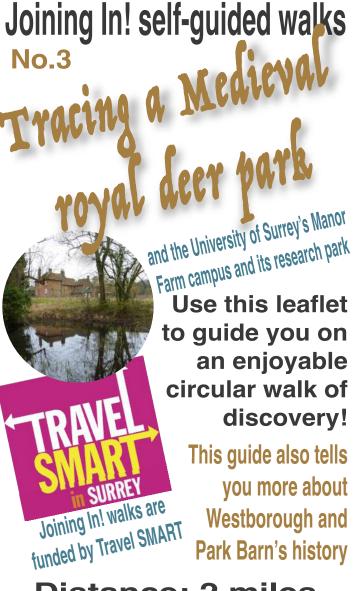
benefit from Joining In!?



Joining In! helps local people by promoting things that they can get involved with in their community - from simply attending an event or joining a group, to volunteering their time to help others. In Westborough and Park Barn Joining In! successfully works with up to 70 local groups and organisations helping them to promote what they offer and helping them, if need be, to find volunteers. Joining In! also helps to organise local events such as fun days, community clear ups, swap shops, and now guided and selfguided walks. See website for details.

# **Voluntary Action**South West Surrey

Did you know? Voluntary Action South West Surrey is a charity that supports voluntary, community and faith groups in Guildford and Waverley. We help find volunteers for hundreds of different local and national organisations. So whether you want to volunteer a few hours a month or for a day or two a week we will have something that is right for you. We also give advice to groups on funding and writing constitutions and policies and provide training and networking events. Our service Welcome to Volunteering supports anyone facing challenges getting into voluntary work. The Guildford Advice Centre is at 39 Castle Street, Guildford GU1 3UQ. For opening times or to make an appointment call 01483 565456 or visit our website www.voluntarvactionsws.org.uk



#### Distance: 2 miles

The walk described here starts and finishes at the Park Barn Social Centre and takes you to Manor Farm and back



www.joiningin.org.uk